

Maryville retail shifts to local market

KATIE STEVENSON
News Editor | @KatieSStevenson

As the local economy improves, Maryville’s downtown sees revitalization with the opening of multiple small, locally owned businesses.

While big businesses like JCPenney, Rue 21 and Payless ShoeSource closed within the past few years; small, local businesses like the Blue Willow Boutique, Home by Sonja and Minnie Lane have opened.

Nodaway County Economic Development Director Josh McKim said the fluctuation of businesses, both big box and small local ones, is in part due to the growth of the online shopping industry.

“Retail nationwide has changed and we are moving further away from the brick-and-mortar retail industry,” McKim said. “Our chains left because of the shift to more online shopping. If all the sales made online were made locally, we could have three JCPennys.”

According to McKim, online shopping has changed the way people shop entirely and in order to keep up with changes, businesses are going to have to make changes.

“Online shopping has changed the makeup of retail shopping and as it continues to happen, we will probably see some additional closings not just in Maryville, but across the nation.”



DARCIE BRADFORD | NW MISSOURIAN

Minnie Lane and La Chic are two small business that have opened in the past few years that contribute to Maryville’s shift to a local economy.

SEE **RETAIL** | A5

Board Game Cafe to open in Maryville



ANNASTASIA TUTTLE | PHOTO ILLUSTRATION

Scott Copeland chats about the variety of board games that will be offered at Maryville Board Game Cafe that will soon be opening on Main Street.

MATTHEW BERRY
Missourian Reporter | @TheMatthewBerry

A new coffee shop hoping to offer a new medium of entertainment including a wide variety of board games for all ages is set to open in Maryville.

Located at 324 N. Main St., the Maryville Board Game Cafe is preparing to open sometime in late October.

Owner Scott Copeland explains the concept of the cafe is for people to disconnect from their phones and laptops by playing a board game and conversing, all while enjoying the comfortable setting of a coffee shop.

“Our goal is on the front of (our) window: Unplug. Unwind. Recharge. Reconnect,” Copeland said. “Our goal is that it is a social outlet, put the phone down, play a game, talk to the people at your table.”

Copeland hopes to offer around

400 games, ranging from classics like Candyland, UNO and Yahtzee to newer games like Flash Point Fire Rescue and Settlers of Catan. For the lesser-known games, Copeland will have game gurus available who will help guests set up and play a game.

“People are going to come in and when we have four or five hundred games, they are going to be overwhelmed and they will be wondering ‘well what do I play,’” Copeland said. “So we will have people on staff that will ask what games do you like and will be able to suggest games.”

The newer board games will also offer experiences guests are not used to in traditional board games. Copeland said this is due to a lot of new mechanics in newer board games. Such mechanics did not exist in classic games like Monopoly.

SEE **GAME** | A5

Northwest maintains ranking among best regional universities

MATTHEW BERRY
Missourian Reporter | @TheMatthewBerry

U.S. News and World Report released a set of rankings placing Northwest Missouri State as the 21st best regional university in the Midwest, and 87th overall when factoring in private schools.

This ranking places Northwest as the top moderately selective regional university in Missouri and the overall second best regional university in Missouri, only behind Truman State.

U.S. News and World Report define a regional university as an institution that offers a broad scope of bachelor degrees, some master degrees and few if any, doctoral degrees. These universities are also divided into regions based on geographical location.

U.S. news bases its rankings on

multiple categories, all weighted on importance. Graduation and retention rates, reputation of the University’s undergraduate degrees and faculty resources all have a weight of 20 percent or higher student selectivity, financial resources, graduation rate performance and alumni giving rates all have a weight of 12.5 percent or less.

The rankings are very welcoming, as President John Jasinski explains.

“We are very pleased to be ranked as the top moderately selective regional university in Missouri,” Jasinski said. “It’s the third time in four years we have been awarded that designation.”

Jasinski said he believes this is one indicator of why Northwest is appealing to students.

“For the students, it shows that they are attending a university that

is caring about students,” Jasinski said. “This is about our team; about Bearcat nation.”

Jasinski explains one example of the team effort is Northwest’s core principle profession based learning. One example Jasinski gave was the recent announcement that the school of education would be redesigning the curriculum, putting it ahead of other intuitions in terms of 21st century learning.

This serves as an example of Northwest’s core principle, professional based learning. Jasinski said this is the team effort the University is focused on.

“That is an example of (the team) doing the right thing, at the right time, really going ahead of other individual universities,” Jasinski said.

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FILE PHOTO | NW MISSOURIAN

Northwest Missouri State is ranked as the 21st best moderately selective regional university in the Midwest.

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Preparation begins for MO Hope

BROOKE BEASLEY
Chief Reporter | @bumblebee40

Maryville and Northwest partner together to put on their annual disaster simulation at Mazingo Park.

The Missouri Hope (MO Hope) program is a disaster simulation program held annually.

It is put on to help Maryville Public Safety and Northwest Emergency and Disaster Management (EDM) majors practice what to do in the time of a disastrous event.

Peter Adams is the Volunteer Role-Play Coordinator for MO Hope.

“By helping Northwest EDM students, community first responders and participating citizens with the opportunity to practice skills at responding to a mass casualty situation, I know we as a whole are better prepared in the event we ever are struck by a tornado, earthquake or even an ice storm,” Adams said.

The EDM majors perform the simulation on average two or three times while at Northwest.

They are expected to complete the training and exercise to learn the basics of safety evaluation.

They are also expected to learn treatment of trauma, as well as evacuation techniques, basic search and rescue, fire safety and extinguishing, moving large debris from victims and more.

After their first time, they become organizers of the MO Hope simulation.

They are also expected to help train incoming EDM students in the program. This is to help them gain insight on the management and teaching sides



Missouri Hope is seeking volunteers to play out situations that could potentially occur around the world and wanting to train students to prepare them for the future.

of the field. Junior Nathaniel Quick believes the Mo Hope program is beneficial to the community and the campus.

“I like the heart, the core intent of it,” Quick said. “Preparing for the worst isn’t a fun subject to think about but if recent events are anything to show for it, we need to have people and organizations who are ready to respond to emergencies of all

kinds. We’ve been really fortunate here at NW to have multiple opportunities for varying types of preparations and things like HIPAA (Health Insurance Portability and Accountability Act) safety that are really ready.”

Junior Nathaniel Cochran appreciates the hands-on approach to the program.

“I like that it’s hands on training...” Cochran said. “(It is a) cool experience just to have on campus, but a more campus wide activity because my R.A. (Resident Assistant) friends get involved. It’s interesting to see them branch out to different departments as well.”

Along with helping EDM majors, Mo Hope has started to encompass more professions. For the second year, Mass Media majors play the part of the press to give



FILE | NW MISSOURIAN

EDM majors experience in dealing with the media and media majors the chance to cover a disaster. Everyone learns the limits of what they can and cannot do first hand.

“Still other students also get an opportunity to practice skills associated with their respective disciplines as part of MO Hope,” Adams said. “Communications students often act as journalists covering the mock disaster, chemistry students help out with an exercise on the purification of water and geography students help out with search and rescue.”

Adams notes that the program also teaches the value of the process it takes to learn proper techniques.

“The odd thing is, however, that the benefits of MO Hope are not always readily visible and in reality one hopes that we nev-

er have to use the skills learned at MO Hope in a real-life situation because it means people really are hurt,” Adams said.

Quick concludes with the opportunity is unique and provides an experience that is hard to find anywhere else.

“I like that professors are using it as an opportunity to apply the skills that they are teaching, especially with things that are built out of a passion,” Quick said. “I like that it’s an opportunity for professors and they are recognizing it, but it’s dependent on what is required and what students are being forced to do if it will help or hinder the overall program.”

If you would like to volunteer go to <https://goo.gl/forms/DWJj-8wnY2JDK6vW32>.

Community blood drive benefits Harvey victims

RACHEL ADAMSON

Chief Reporter | @racheladamsonxi

The Maryville Community Blood Drive collected 113 units of blood Sept. 19 at First United Methodist Church.

According to Account Manager Betty Tinker, the goal for this blood drive was 115 units of blood.

“We hold a blood drive here in the Maryville community every eight weeks,” Tinker said. “We usually have just about the same donor base coming in, we really would like to pump that up.”

One of the consecutive donors is Maryville resident Ed Walker who donates his blood every two months.

“I donate as often as I can,”

Walker said. “I have two older children that are donating too. As soon as they turned 16, they went and gave their first donation.”

Maryville resident Leah Koger also gave blood. She gave her first donation at the age of 17 and now donates a couple of times a year.

“I know that the blood center is really needing blood and that’s my blood type,” Koger said. “They’ve been calling me every day. I saw there was a blood drive here and just decided to come and give blood.”

After the local hospitals and medical centers were stocked with blood, 60 units of blood were sent to Texas to help hurricane victims. According to savealifenow.org, one in three people will need blood sometime during their life-

time.

“I think everybody needs to do it,” Walker said. “It doesn’t hurt anything, and you’re saving lives. It takes not even an hour. If anyone can give, they should. It’s so simple.”

Northwest Student Senate will be hosting a blood drive Oct. 24 to Oct. 26 from 11 a.m. to 4:30 p.m.

According to redcrossblood.org, following a few recommendations before giving blood can help to make the donation experience go smoothly.

Eat a diet that is rich in iron, including foods that are red meats such as: fish, poultry, beans, spinach and raisins. Get a good night’s sleep. Drink at least 16oz of non-alcoholic fluids, and eat a healthy meal before donation.

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Students become green dot certified

MADI NOLTE
Missourian Reporter | @mnoelnlte

Four more students on Northwest's campus have been officially trained in bystander intervention following the Green Dot Bystander Certification training Sept. 20.

Green Dot is a national program designed to increase positive bystander behavior, change social norms and reduce both sexual and interpersonal violence perpetration and victimization, according to Centers for Disease Control's website.

The on-campus program teaches students how to intervene and stop or interrupt violence through prevention initiatives and strategies.

Green Dot Coordinator Danielle Koonce said the program was launched Spring 2016 at the University and about 150 students have been certified since.

Wednesday, Sept. 20 marked the first of three certification courses to be held during the fall semester. Northwest Green Dot team members Koonce and University Wellness Center Counselor Courtney Koch hosted the course.

This first course included only four participants, although Koonce said most courses in the past have been much larger and she expects participation to grow with the next two courses.

Sorority involvement is typically large and Koonce said she blames this small attendance number on recent sorority attention being so heavily focused on fall recruitment.

She said she expects sorority involvement to pick up as the semester goes on.

Becoming Green Dot certified requires attending a one-time, five hour training session involving an interactive slideshow presentation. During this presentation, partici-

pants learn who can be a bystander, what green and red dots are, as well as realistic meanings of intervention and what warning signs look like.

Seniors Sylvia Brand and Breanna Kass found their motivation to become certified from their positions as RAs.

Kass started her third year as a RA and said she wanted to become more knowledgeable and experienced on how to intervene if a situation were to occur within her dorm.

"I wanted to be the bystander who did something rather than the bystander who could have done something," Brand said.

"This kind of program helps people have that conversation more (about social norms regarding violence and intervention), so it's not so overwhelming," Koonce said. "It breaks it down into more manageable pieces."

To Koonce, working as Green Dot Coordinator is more than just a job, as she grew up in a home where there was domestic violence.

"It impacted my life in a lot of ways," Koonce said. "There were bystanders, whether they were in my church or extended family, that saw that things were happening that weren't okay and for whatever reason were not able to step in."

Koonce said she does not necessarily fault people for not knowing how to step in or have the skills and tools to do it.

She said in some ways she does not wish the bystanders in her life would have done anything different because it made her who she is today.

"For me, Green Dot is really about trying to be the person I needed when I was younger," Koonce said. "I also love working with college students, so implementing this on a college campus is pretty amazing to see."



TAYLOR JOHNSON | NW MISSOURIAN
Northwest students Sylvia Brand and Breanna Kass learn about ways to help reduce violence during Green Dot Bystander Certification Sept. 20.

Koonce said Green Dot has shown to be effective in reducing rates of violence.

The program is part of a study related to the University's grant funding for Green Dot through the Department of Health and Senior Services and Centers for Disease Control (CDC) and Prevention.

According to a CDC study, this program is linked to reduced sex-

ual victimization and harassment, stalking and dating violence on college campuses implementing the program compared to campuses without intervention.

Koonce said when it comes to being a bystander, always listen to your gut feeling.


"You have that for a reason," Koonce said. "Even if all you're doing is finding out more information."

The next certification course is Oct. 1, from 12 p.m. to 6 p.m. and is open for any and all interested students.

Those interested are urged to visit Northwest's website, search 'Green Dot' and follow the link to the registration page.

Koonce reminds students certification is free for everyone.

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OUR VIEW:

Put down your phone, roll the dice

The upcoming inclusion of the new Maryville Board Game Café is causing increasing excitement among members of the Northwest and Maryville community.

This is a first for our community, as it presents a unique opportunity to its citizens: A place where people can gather and have a fun time playing board games in a nice relaxing setting.

This business is a great opportunity for college students and the community and should be taken advantage of once it opens.

For any avid player of board games, this is a great opportunity to school their friends in the classic games of Candyland, UNO and Yahtzee.

Board games are a great way to relax and get out into the world. In a time where society is so caught up in social media and the online world, this business is offering a chance to have some real world interaction.

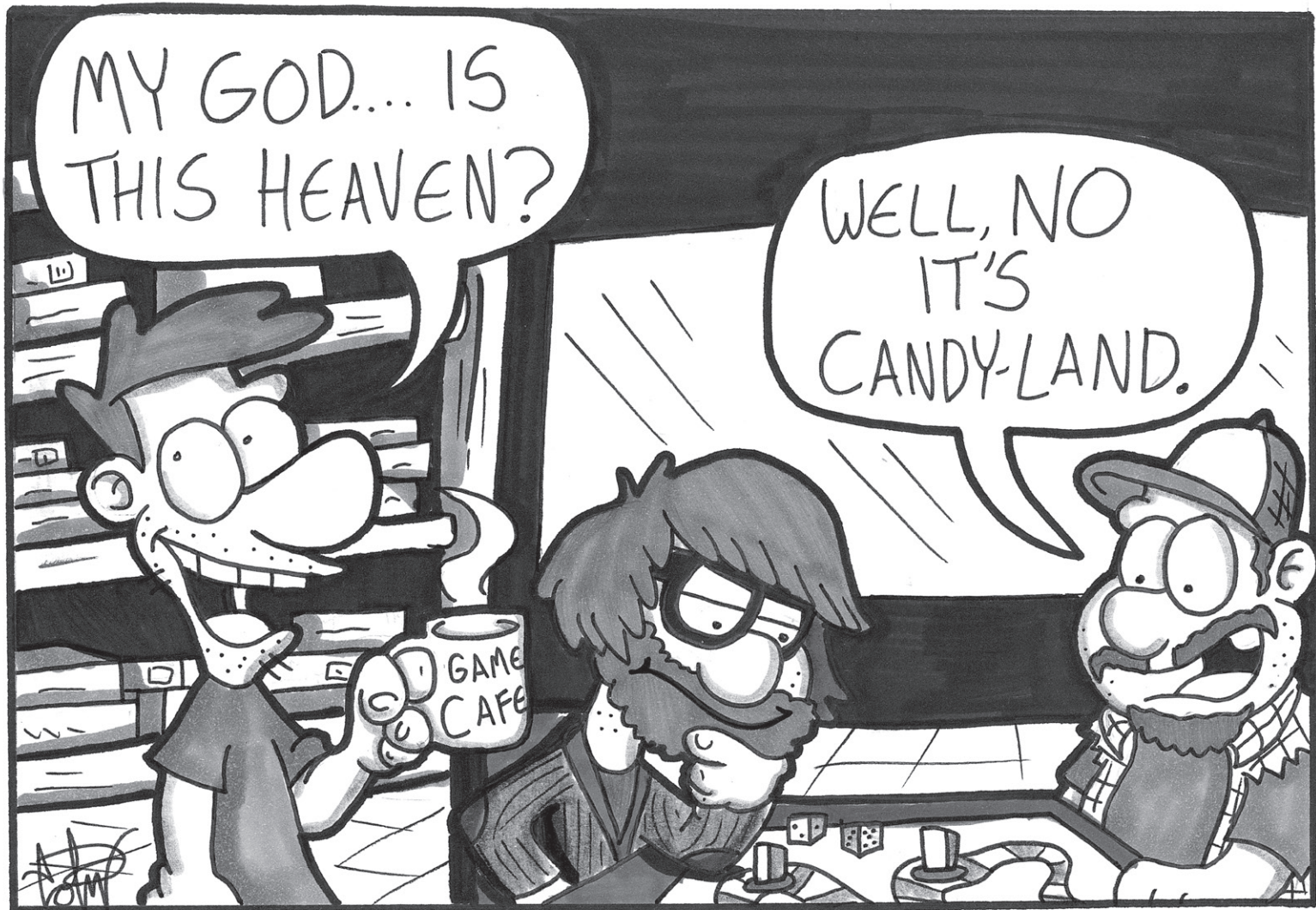
As college students, we live on our phones and technology. Between all of the different social media platforms, Netflix, and YouTube, we as a society live online.

A business like this is a real opportunity to build real world relationships, with those closest to us.

Not everything can exist online, and as humans we need these real world relationships to survive the everyday challenges of our lives. Taking time out of the day to play games, and be around other people, is a way to become more involved with society, and less absorbed into the cyber world.

This type of business is on the rise across the country, with similar businesses opening up in Denver, Kansas City and Omaha.

The idea of a business where patrons can borrow a board game



COLIN VAUGHN | NW MISSOURIAN

and spend some time playing a variety of games in a nice relaxing atmosphere is a new refreshing concept that will be of particular interest to college students and community members.

This atmosphere provides students and community members a way to get away from the stresses of everyday life and spend time unwinding with their closest friends and family.

The ability to put everything aside and take some time for

yourself is a necessity in surviving the everyday struggles in going to work, school, or relationship issues.

Most recently, this business has been the talk of the community and everyone cannot wait for it to open.

Faith Day, a sophomore art education major and residential assistant in Tower Suites East, was unaware of this business opening, but said she was excited to learn one was coming.

“I am excited for the opportunities given to Northwest students. While I have a busy schedule, I am going to try my best to make it to the cafe with my friends,” Day said.

This café is an amazing concept and will be a great addition to the Maryville community. The prospects of having a place to go and play classic family board games is a great chance to unwind from the stresses of everyday college life.

For a majority of college students, we are so far away from home this is a good chance to keep a part of family life with us.

Playing board games is a great reminder of all of the amazing times spent with family, gathered around the kitchen table and spending time with each other.

Take advantage of this new business and spend some time in the real world building real world connections with those around you.

Body Love Campaign does not deserve hate



If you have any form of social media then you likely saw a post of a girl in a bikini posting about the Body Love Campaign.

It may have annoyed you; you may have thought these women were looking for attention or fishing for compliments.

I love the Body Love Campaign. I love that women are confident enough with their bodies that they do not feel the need to cover up of be ashamed.

When I was little, I was really sick. I threw up everything I ate. I could not keep anything down and because of this I was extremely skinny.

So skinny I had to zip tie the waistband of my jeans because there was not a size small enough.

Being thin was the first thing anyone noticed about me. Everyone commented on it.

“Oh, what an adorable, tiny, little girl!” I heard it so often I started to believe, like so many other women in the world that the words “beauty” and “skinny” could only exist together.

Thankfully, I did not stay sick for long. I went through a series of medication before I found one that allowed me to eat and be happy.

I reached puberty. And I started gaining weight. I remembered shopping at the mall for my first pair of nice jeans. I grabbed my size, two, in all of the styles and rushed to the dressing room. I left the store crying because they did not fit anymore.

I did not buy a single pair of jeans that day. I continued to be in denial about my size. I bought clothes in smaller sizes than I was, I would not buy my homecoming dress because I would have needed a size larger.

Once I believed that I was no longer skinny, it was impossible for me to believe I was pretty.

I thought the size of my jeans was plastered on my back for everyone to see. I truly felt as though the numbers on my clothing made me less.

This went on for years. I was ashamed of my body and I hated shopping.

My story is not unique. As soon as little girls realize they are smaller or bigger than their peers, it suddenly becomes a competition. No one is ever happy and no one ever feels as though they are good enough.

Seeing the body love posts made me envious. I wanted to love myself the way these other women seemed to. So, I quit paying attention to the numbers.

I started buying clothes in my size that made me feel confident and good about myself. Letting go of the pressure to be thin has granted me an indescribable peace.

Businesses like Aerie are removing filters from their photos and using models of all different sizes. This move to allow women to completely be themselves and love every square inch is empowering.

I love the Body Love Campaign because it allowed me to finally love myself. If it allowed me to do that, imagine how many other women could reap the same reward.

These women posting the photos are not sluts or looking for attention. People who are shaming them should be ashamed of themselves.

Loving yourself is a key component to happiness and we should be encouraging this rather than tearing the posts down.

K-pop worth listening to despite language barrier



Despite the difference in languages, we have all heard of “Despacito” by Luis Fonsi. Yet besides Latin pop music, only one other international music phenomenon has reached the borders of America and it is from South Korea.

For me, language has never been a barrier when it comes to music. I believe beautiful music can be achieved through many forms and from many different cultures. Korean pop, or K-pop, is a great example of this.

As an avid fan, I think everybody should give K-pop a chance, so they can understand more about another culture and listen to great, easy to dance to music. I don’t mean just watching “Gangnam Style” by PSY.

K-pop is more than one artist or one sound. What really interests me, is in Korea there are more groups rather than solo artists. These groups usually consist of all boys or all girls along with the occasional duos, trio and coed bands.

While most Western artists will usually stick to a certain genre, K-pop bands are always striving to find their style and are willing to experiment with different concepts.

Concepts refer to the overall theme a group will stick with during their comeback period where they promote their music. Whenever a band dramatically changes their concept, a change in genre will sometimes occur.

This means one band can alternate from heavy rapping to party anthems to soft love

songs, giving lots of options for the skeptical student.

Along with singing, K-pop bands are mostly well-known for their ability to dance. They dedicate hours to practicing tough choreographies and their hard work pays off on stage.

The formations they make with the amount of people involved are truly a spectacle. They have knife-like precision with live vocals as good as the recorded version. I also love how each song performed always has a unique dance.

Dances add a certain visual element lacking in music in Western culture, especially when it comes to live performances. It offers more than back up dancers as the artists rely on timing, talent and each other. It will often serve as focal points for music videos as well.

The best comparison to Korean music videos is Taylor Swift’s newest release “Look What You Made Me Do.” The aesthetic scenery, the symbolism, the beautiful shots and the smooth transitions all make it a music video worthy of its 450 million views.

According to Jason Lipshutz, an editorial director at Billboard, Bangtan Sonyeondan, or Bulletproof Boy Scouts (BTS), is a seven member boy band in South Korea who won Top Social Artist Award at Billboard Music Awards 2017 beating out artists like Justin Bieber and Ariana Grande.

In BTS’s most viewed music video “Blood Sweat & Tears,” you will notice it shares similar characteristics with “Look What You Made Me Do,” yet is distinctly different in terms of style and concept due to higher Korean beauty standards.

**SEE FULL STORY ONLINE AT
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RETAIL
CONTINUED FROM A1

According to a 2017 survey by CPC Strategy, 96 percent of Americans shop online and the average online shopper reported spending an average of \$488 online yearly.

Some of the local, small businesses are working on creating an online presence while others like Simply Posh Boutique already run online stores. According to McKim, in order to keep up with the changing market, other local shops also need to establish online stores.

“Locally we are suffering from the same thing people are nationwide; you can go online order something and have it custom made and it will be here in two days, whereas locally you may not be able to do that,” McKim said. “We have some things we are working with and developing with our local retailers to try and help them compete with online shopping.”

Owner of Rapid Elite-Ink Print Shop and President of Maryville Downtown Organization, Matt Gaardner said shopping in person is about selling an experience and knowledge along with the products.

“One thing we’ve found when you have a small, locally owned business is that you are selling your expertise,” Gaardner said. “People want service; they want to know about the product they are buying and the only way you can get that is through an expert.”

Gaardner said he believes a good small business will thrive if the owner is an expert in their field. Gaardner said he believes a good small business will thrive if the owner is an expert in their field.

“Typically if someone owns a business they are going to be

an expert in that field of whatever small businesses they are a part of,” Gaardner said. “I believe that is a big reason why small businesses succeed.”

McKim also said he believes in today’s day and age, you not only have to sell your goods, but also the atmosphere of the place.

“What we have been told is that you have to sell an experience now along with your product...” McKim said. “Some of our local retailers are currently working together so that when consumers go into a shop they are not just buying a product but also the experience. The retail businesses that are able to effectively do that, as well as having some online presence, will help them stay in business and do well.”

Gaardner said local businesses tend to be a larger part of the community than any normal big-box store because the owners live and work in the same community.

“A locally owned business is going to be run and owned by people who have kids on little league,” Gaardner said. “So we are going to help by doing things like buying the little league uniforms because our families are involved in this community; we have a direct interest in this community. That is another reason why small business can be a help because the owners of those small businesses are ingrained in the community and want to see it succeed.”

The Nodaway County Economic Development does a gap analysis every year to see what markets are bringing in the most money and how to better improve Maryville’s economy.

“We look at things like what segments of retail are people going outside of our community to get; those are the areas that we try and

focus on instead of trying to buy up more of the same segment where everyone is already buying,” McKim said. “We don’t really count our wins and losses and instead tend to look at the overall sales and what areas we need to put our efforts into going forward.”

According to McKim, the main areas, which people are looking outside of Maryville for businesses, are in the car, electronics and furniture departments. McKim also said that to some extent people are also looking outside of Maryville for grocery stores, especially when it comes to discount grocery stores.

While most of the current small, local stores are located in the downtown area, Gaardner said the continually improve of the downtown area will also help with growth and improvement throughout the town.

“If a downtown is healthy, the heart of the community is, then the rest of the community is going to be healthy,” Gaardner said. “So even though our efforts are mainly focused in the downtown area, we can still help like on the south end of town where chain stores are closing. If we make this a community where people can stay and work we can eventually attract new businesses and companies even in that area just by the business we are doing downtown.”

Maryville is currently in an economic upswing, allowing for local businesses to flourish but according to McKim it has been struggle to improve the economy. The town suffered from the 2008-2009 recession and economic struggle again in 2014 when the Energizer battery plant closed.

According to the Maryville Daily Forum, nearly 1,500 employees were left without jobs. However, in the last three years,



DARCIE BRADFORD | NW MISSOURIAN
As large businesses are closing, small shops are making a presence in Maryville, bringing jobs back to the area.

according to McKim there have been 400 to 500 new jobs created.

Gaardner believes in the next year there will be changes coming to Maryville including the establishment of new businesses.

“As far as downtown goes, I think people are really going to start seeing some change over the course of the next six months to a

year,” Gaardner said. “They’re going to start seeing new businesses move in and going to see improvements in downtown in terms of the look and things like that. I just encourage people as they go through to keep their eyes open because over the course of time we are going to see some changes.”



ANNASTASIA TUTTLE | NW MISSOURIAN
Maryville Board Game Cafe will supply a wide variety of board games for customers to play during their visit.

GAME
CONTINUED FROM A1

“Games like Monopoly hit a point where they are not fun anymore. You know somebody has already won,” Copeland said. “There are a lot of games out now (where) everyone is in until the end. You don’t know who has won until the game is over.”

The large variety of games is a major positive for the success of the business, Nodaway County Economic Development Executive Director Josh McKim explains.

“There are enough games there that every experience a person has there is going to be unique,” McKim said. “Retail is changing. Things are not what they used to be. What’s nice about Scott’s operation is; it is selling an experience.”

McKim said he finds businesses opening up like the cafe are

wins for the community.

“The more opportunity we have to offer unique events and unique experiences for people the better,” McKim said. “It keeps them in Maryville, allows them to have a high quality of life and it’s a win for the community when these kinds of (businesses come to Maryville).”

For sophomore Collin Seibert, the cafe could be a nice addition to Maryville.

“I think it’s fun and sounds really chill,” Seibert said. “Maryville doesn’t really have any game shop type stuff and it just seems like a really cool place I can go with friends. We can go together and get coffee and drinks and just hang out.”

While the board games are appealing, Seibert believes offering card games could make the new Cafe more of a success.

“(With) Card games like Pokemon, Yu-Gi-Oh! and Magic: the Gathering, you can hold tourna-

ments and you can hold drawings and stuff like that and that can be a big money maker,” Seibert said. “If I have a good first experience, then I will probably go like once a week.”

Upon opening, Copeland will not offer collectible card games or role-playing games. However, he does see them being added in the future.

“We do have plans (to add those kinds of games) though, after we are open to expanding, and those plans include having a dedicated room for that type of (game),” Copeland said.

The new cafe also seems to be well received by the community. McKim said there has been no pushback from the community about it.

“Sometimes we get a little pushback because the type of business is already in the community,” McKim said. “What’s neat about this project is that it is not something we have right now.”

Blotters for the week of Sept. 28

Maryville Public Safety

Sept. 15,
There is an ongoing investigation for harassment at the 1500 block of S. Munn.

Sept. 18
There is an ongoing investigation for peace disturbance at the 500 block of E. Seventh St.

There was a fire report with hazardous materials on U.S Highway 136 and U.S Highway 71.

Sept. 20
There is an ongoing investigation for a hit and run at the 900 block of College Ave.

There is an ongoing investigation for burglary at the 1100 block of E. Third St.

Sept. 21
There is an ongoing investigation for fraud at the 400 block of E. Second St.

Sept. 22
A summons was issued to **Stephen Snow**, 43, for dog at large at the 1100 block of Andrew drive.

Sept. 24
A summons was issued to **Ryan Wilken**, 23, for driving while intoxicated and speeding at the 100 block of Carefree Drive.

A summons was issued to **Cale Benson**, 21, for not having a valid driver’s licenses at the intersection of Sixteenth St. and North College Drive.

There was a balcony fire at the 600 block of N. Main.

Sept. 26
A summons was issued to **Keith Peterson** for code violation at the 600 block of North Main.

Perrin Hall.

There was a closed investigation for liquor law violation at Perrin Hall.

There is an open investigation for stealing at Roberta Hall.

Sept. 24
There was a closed investigation for liquor law violation at Perrin Hall.

Sept. 27
There was six closed investigations for liquor law violations at Dietrich Hall.

University Police Department

Sept. 20
There was a closed investigation for liquor law violation at Tower Suites West.

There was a closed investigation for liquor law violation at Forest Village, Sycamore.

Sept. 22
There is an open investigation for driving while intoxicated at Lot 22.

Sept. 23
There was four closed investigations for liquor law violations at Dietrich Hall.

There was six closed investigations for liquor law violations at Perrin Hall.

There was two closed investigations for liquor law violation at the Bell Tower.

There was a closed investigation for liquor law violation at South Complex.

There was a closed investigation for liquor law violation at

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HOROSCOPES



ARIES – Mar 21/Apr 20
Aries, communication is essential in any relationship, including ones of a romantic nature. Learn to get your point across without being too forward.

TAURUS – Apr 21/May 21
Taurus, you may have little desire to go above and beyond what is necessary this week. You may want to spend much of your time sticking to familiar routines.

GEMINI – May 22/Jun 21
Gemini, you can probably use a good dose of peace and quiet right now, but there are too many things on your calendar for this to be possible anytime soon.

CANCER – Jun 22/Jul 22
Cancer, enjoy a boost in ambition, stamina and overall energy in the coming days. This will help you initiate and complete projects with amazing precision.

LEO – Jul 23/Aug 23
Intense desires are simmering just beneath the surface, Leo. But you’re not sure how to express your feelings just yet. Usually you are direct, but this may require finesse.

VIRGO – Aug 24/Sept 22
Hanging out with friends seems like a great idea, especially when all of your tasks at work and at home have been completed, Virgo. Don’t let anything hold you back.

LIBRA – Sept 23/Oct 23
Libra, spend some time relaxing at home in the coming days. The rest and relaxation will do your body good. Rise to action when you are called upon.

SCORPIO – Oct 24/Nov 22
Pay careful attention to all details, Scorpio. They are trying to tell you something about your future. You just do not know where the road will bend.

SAGITTARIUS – Nov 23/Dec 21
Sagittarius, it is not uncommon to feel on edge when leaving your comfort zone. Embrace this sense of adventure and uncertainty and make the most of a unique opportunity.

CAPRICORN-Dec 22/Jan 20
Capricorn, you desire stability even though you take some chances in the coming days. You may appear sure-footed to others, but your nerves may be out of control. Take things slowly.

AQUARIUS – Jan 21/Feb 18
Aquarius, thoughts keep tugging at your emotions and leaving you with lingering feelings of doubt. It is time to push away those feelings once and for all.

PISCES – Feb 19/Mar 20
Pisces, find different ways to express your feelings to your partner. This can open the lines of communication and strengthen your bond.

#ICYMI

Authorities in Switzerland are investigating after someone reportedly flushed thousands of euros down the toilet. The money has been turning up in toilets at a bank, to a nearby restaurant’s bathroom. Under the law of the European Union it is illegal to destroy large amounts of currency. A criminal investigation is underway.

In Colorado Springs, a woman is defecating in people’s yards. She has earned the nickname of the “Mad Pooper.” Colorado Springs Police are looking for her, and she could face charges of indecent exposure and public defecation. To help with the search, Charmin tweeted out that if the Mad Pooper turned herself in, they would provide her with a year’s supply of toilet paper.

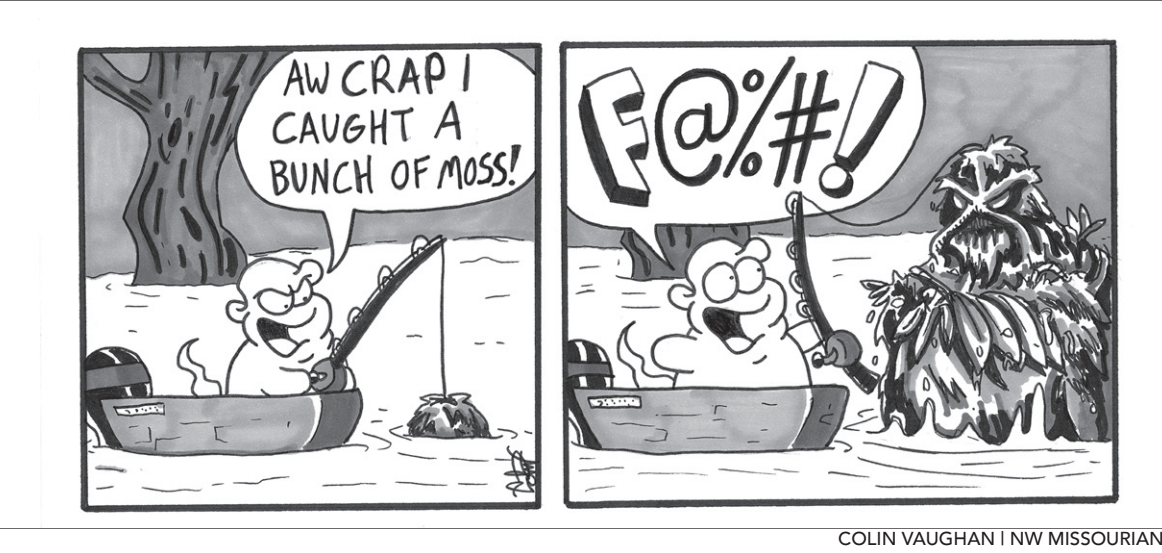
JAMES CHRISTENSEN | NW MISSOURIAN

SUDOKU

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	4				8		5	

DIVERSIONS

Paranormal Inactivity



COLIN VAUGHAN | NW MISSOURIAN

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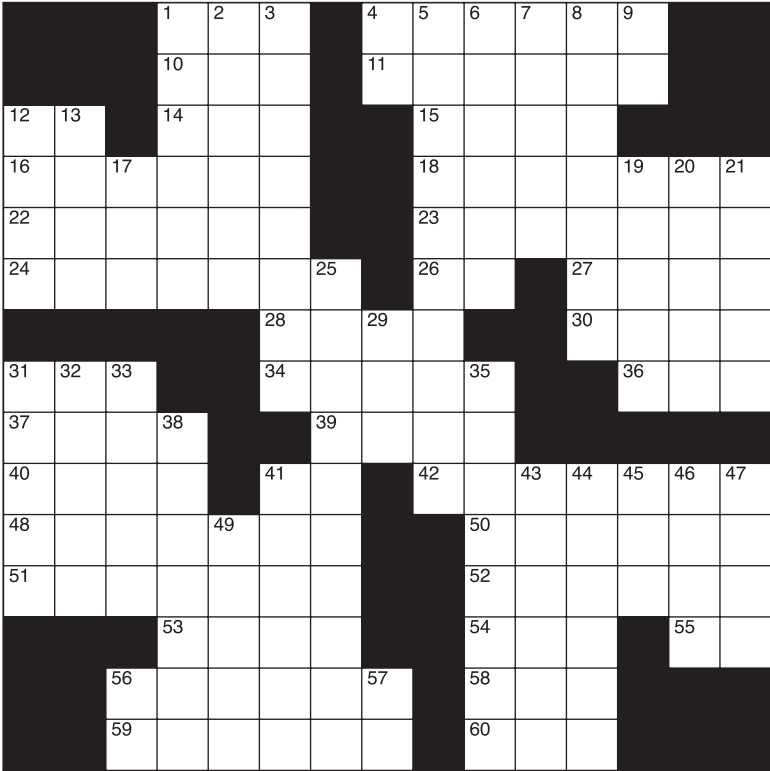
YOUR NAME HERE

CROSSWORD

By MetroCreative

CLUES ACROSS

- 1. Storage device
- 4. Disagree with
- 10. Political organization
- 11. Playoff appearances
- 12. Collection of cops
- 14. Balkan mountain peak
- 15. Island north of Guam
- 16. Seizure of someone’s property
- 18. Repeat
- 22. Beautiful youth
- 23. Bullfighters
- 24. Charges a fare
- 26. Not off
- 27. Where skaters ply their trade
- 28. Meson
- 30. Guru
- 31. Cycles/second
- 34. Alternating turns
- 36. Soviet Socialist Republic
- 37. Mound
- 39. Boxer Amir
- 40. Away from wind
- 41. Exist
- 42. Working man
- 48. British soldier
- 50. Scrounge
- 51. Upset
- 52. The act of escaping
- 53. Poet Pound
- 54. Confederate general
- 55. Midway between south and east
- 56. Becomes hot from the sun
- 58. Fictitious poet Mailey
- 59. Not yet purchased
- 60. Intersperse



CLUES DOWN

- 1. Bathing suit
- 2. Poignantly different from what was expected
- 3. A person with the same name as another
- 4. West Siberian river
- 5. Of the membrane lining the abdominal cavity
- 6. Has a positive electric charge
- 7. Fish-eating mammal of the weasel family
- 8. Offerers
- 9. Spanish be
- 12. Chilean province Capitan ____
- 13. Father
- 17. Pestilence
- 19. Songs
- 20. Grilling tools
- 21. Long, winding ridge of sand and gravel
- 25. Court game
- 29. __kosh, near Lake Winnebago
- 31. Variety of beet
- 32. Caps
- 33. Rides in the snow
- 35. Took without permission
- 38. Tall stand to hold books
- 41. Spanish neighborhood
- 43. Spanish dance
- 44. Countries of Asia
- 45. Make fun of
- 46. Elk Grove High School
- 47. Network of nerves
- 49. Greek apertifs
- 56. Unit of volume
- 57. South Dakota

LAST WEEK’S SOLUTIONS

5	9	7	6	1	3	2	4	8
4	3	6	5	2	8	9	1	7
2	8	1	7	4	9	5	3	6
7	6	5	2	9	4	1	8	3
8	1	4	3	5	7	6	2	9
9	2	3	8	6	1	4	7	5
6	5	8	4	7	2	3	9	1
1	7	2	9	3	5	8	6	4
3	4	9	1	8	6	7	5	2

O	A	T	S			A	R	A			S	A	C			
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A	H	A	B			C	O	T			A	L	L	A	H	
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A	D	S				L	T	D				N	A	S	T	



ALEXIS GEISERT | PHOTO ILLUSTRATION
There are many risk factors when looking at what could cause an eating disorder. Genetics, environment and personality traits have all been linked to causing eating disorders in all ages.

Freshman 15

Affecting the minds of students, not just their bodies

MICHAEL CRIFE
A&E Editor | @MikeCripe

There are certain mythos surrounding the first year of college. These legends normally begin to cloud eager freshmen minds, but not with positive thoughts.

Fears of making it past the first semester intermingle with thoughts of trying to balance relaxation and studying. All of the negative thoughts feed into the inevitable one thing weighing down on millions of college students every day.

The dreaded “Freshman 15.” It can be unnerving for some to look at, even in text. The “Freshman 15” refers to the supposedly inevitable gaining of 15 pounds every freshman must endure during their first year of college. But it is about more than just the weight.

It is the embodiment of paranoia, self-consciousness and, above all, it is the one thought most students feel on their entryway to college. Over thinking can impact a person on a serious emotional level, and in some cases it can even influence actions.

Olivia Daley, a sophomore biology major, says the “Freshman 15” and its notoriety was something burned into her mind her freshman year.

“After my freshman year and avoiding the ‘Freshman 15’ like the plague, I was in a solid routine of going to the gym everyday and not eating out and stuff like that,” Daley said. “It made going home hard because there, I didn’t have a gym membership and my parents tended to eat out a ton, so that was a struggle.”

While she believes the “Freshman 15” exists, Daley says its power has grown strong enough to cause other reactions.

“I think it is definitely a thing,” Daley said. “You move away from home and all of a sudden you determine your eating habits. I think people either aren’t really concerned about it and eat, drink and exercise as they want or they get so concerned about it that they end up losing weight.”

Daley’s assumptions seem to carry some weight. In the past couple of years there have been more studies not only disproving the existence of the “Freshman 15,” but these studies have shown a trend in increases eating disorders in college students.

According to a blog post from Center for Discovery (CFD), an organization focused on providing care and advice for young adults with eating disorders and abuse history, the “Freshman 15” is nothing more than a myth.

The company says the college urban legend, while managing to have some information backing it up more than 10 years ago, has lost many of the statistics holding it together.

“An Auburn University four year study on weight gain during college was published in the Canadian Journal and found that students on average only gained 12 pounds during their entire four years in school,” the CFD blog post said. “The perpetuation and longevity of this myth has only contributed to the anxiety felt by incoming freshmen in college.”

The CFD blog also went on to expand on what the “Freshman 15,” or lack thereof, means in regards to the psyche of college students everywhere.

“The stigma, and consequently the danger, surrounding the term ‘Freshman 15’ can lead to the development or triggering of an eating disorder before a student even steps foot on campus,” the CDF blog said. “Obsessing over not gaining the ‘Freshman 15’ can inevitably result in anorexia, bulimia, orthorexia (a condition where a person obsesses over healthy dieting) or a selective eating disorder.”

Information related to the debunking of the “Freshman 15” is not exclusive to statistics and research though.

Thanks to the increase in use of social media in the past decade, college students especially get the opportunity to see through small window sites like Twitter, Facebook and Instagram present when it comes to body image.

Social media is a place where millions post best-case scenario pictures and statuses, creating false perceptions for many of what life should be like.

These perceptions create incidents everyday where regular students go through some of the most difficult times of their lives.

Alaina Anderson, a St. Mary’s college alumna, saw the effects of the “Freshman 15” on her roommate. Anderson shared the story about her friend on College Magazine’s website.

“She refused to go to the dining hall because the food wasn’t healthy enough,” Anderson said. “She chewed gum and ate ice all the time to trick her brain into thinking she was eating. Her spunky attitude was gone, replaced with constant fatigue. She worked out at least two, if not three times a day.”

Anderson eventually realized the “Freshman 15” and eating disorders in general are related more to the mind than many like to believe.

“My beautiful friend was losing herself and I had no idea how to help,” Anderson said. “Anorexia is a physical and mental illness that is very hard to reverse. My mind couldn’t understand her logic for being anorexic, but then I realized her mind couldn’t understand it either. It took me a while, but I finally learned how to handle the situation.”

Miranda Klabunde, senior elementary education major, is a Bearcat who experienced the effects of the “Freshman 15” too.

“I also have a friend who ended up losing more weight than normal and was trying to eat so healthy that it led her to having an eating disorder,” Klabunde said. “Before I came to college I heard about the ‘Freshman 15,’ but I did not think too much of it. I thought people mostly gained weight when they went to college because of drinking.”

For those who fear they or a loved one may be dealing with any type of eating disorder can check out some of the many resources available to the public.

Through the campus website, there is a site, called Body U, dedicated for individuals to learn more about potential diagnoses. The website will even show how to build better and healthier eating habits with a specialized app.

According to Body U’s website, the program offered by St. Louis Washington University is proven to build better eating habits, improve body image and has even shown to reduce disordered eating behavior by 50 percent.

On a larger scale there is also the National Eating Disorders Association (NEDA), an organization focused not only one eating disorders, but mental health too.

Campuses offer resources like these to combat things like the “Freshman 15,” as it is a massive



BROOKE BEASLEY | PHOTO ILLUSTRATION
On average, at least one person dies every 62 minutes from some type of eating disorder.

offender when it comes to the battle against eating disorders.

The “Freshman 15,” as fearful as it is, has a catalogue of information against its existence.

Eating healthy foods and staying active is a great way to keep

the body in shape, but there are limits to everything and eating less is not going to help anyone either.

It’s mostly a battle of the mind when it comes to one of the most infamous college myths of the last two decades.



DARCIE BRADFORD | PHOTO ILLUSTRATION
A minimum of 30 million people of all ages and genders suffer from an eating disorder in the United States alone. These disorders can include anorexia, bulimia, orthorexia or a selective eating disorder.

Catatouille stays cost-efficient, fun

ABBEY HUGO
Missourian Reporter | @TheMissourian
If Bobby Flay, Rachel Ray and Guy Fieri can do it, the Bearcats can do it too. Catatouille is KNWT’s very own cooking show hosted by Northwest students.

Each episode co-producers Senior Brianna Daniels and Senior Annastasia Tuttle share two to three recipes any college student can easily make.

“None of us have experience,” Daniels said. “We’re just cooking to eat here when you need to eat.”

Catatouille was first created last Spring by KNWT’s General Manager Senior Shane Webb and, now-alumnus, Jake Hannah. The original intent was to teach college students how to cook on a budget.

“You can learn so much on how to cook good, cheap food, not just crappy cheap food,” Webb said. “You learn how to cook affordably and still make sure you get a good meal out of it.”

Webb said the main purpose though, was to have fun. This year’s Catatouille crew changed focus but is staying true to that fun-loving legacy.

There have been two episodes released since the beginning of the school year, one with a fiesta theme and one centered on breakfast. The food ranged from cheesy bacon muffins to homemade chips and guacamole.

“We’re winging it each week. We come up with a theme or one recipe and then build the show around that,” Daniels said.

When filming begins, it is the first time the crew has ever made that week’s specific recipe. They are truly flying by the seat of their chef’s pants.

Catatouille would not be possible without the entire crew and some help from the community. They film at a local’s house that they got in contact with through Swap and Shop.

“The best part is getting all these personalities together. Everyone gets to be involved and everyone is so different on our crew,” Daniels said. “And you get to eat... unless it’s really bad, but that hasn’t happened yet.”

The fun had while filming is apparent and translates into an entertaining video for viewers.

“It’s something simple that college students are doing. It’s something anyone can do and it’s just funny to watch,” Daniels said. “It’s a couple of college students hanging out and filming someone cooking. It’s worth watching at least once.”

The show airs Monday through Thursday at 6:45 p.m. Every episode is also available on the KNWT Channel 8 YouTube channel. Links are posted on both the KNWT8 Facebook page and the Catatouille8 Twitter.



ANNASTASIA TUTTLE | NW MISSOURIAN
Senior Tez Huggins films co-producer Brianna Daniels while she fries tortilla chips for the upcoming fiesta episode of Catatouille taped Sept. 24.

THE STROLLER: Your Bearcat wants you to understand plural versus singular

It amazes me to see how much societal acceptance has changed in the last 10 years.

No longer do you have to choose between only two genders, Facebook offers 58 gender options for you. But are 58 gender options necessary? Look, I get it, people can be who they want to be, but I must admit it is hard to keep up.

I met a woman the other day. Yes, that is singular woman,

who told me she was a “they.” Yes, herself—excuse me, “themselves,” would only like to be referred to as “they.” Maybe a little vocab-grammar lesson was in order.

“They” is a plural word, meaning more than one woman should be present and yet, they stood alone. They told me they was (or were) a gender non-conformist and preferred not to choose a gender at all.

“I am not male or female,” they said.

Gender neutrality at its finest, when one feels that they are not male or female...OK I respect the right to ignore your anatomy and be who you are, but I won’t say it is not a nuisance to have to ignore your obvious anatomy, too.

It actually hurts my brain pairing your singular actions with your plural pronouns in a

sentence. I wrestle with plenty of unanswered question.

What does the license bureau put on your driver’s license? Is there an empty space next to sex?

Is there a letter ‘f’ and ‘m’ with little lines marked through them to signify your choosing to be nothing?

What section of the store to shop in? Surely, not the men’s or women’s considering you are

neither. Which public restroom do you choose when a third option is not available?

What is the third option, anyway? I’m guessing that’s where the other 58 gender options choose to go.

The Stroller has been a tradition since 1918 and does not reflect the views of The Northwest Missourian.

Students audition for Variety Show

JAMES CHRISTENSEN
Chief Reporter | @jameschris1701
The Olive Deluce Fine Arts Building auditorium was filled with campus talent this past week as a variety of acts auditioned for the Homecoming Variety Show.

Delaney Kramer, a graduate student studying applied health and sport science, is the assigned graduate assistant to the Homecoming Variety Show committee.

“We had five skits audition, which are groups of 15 to 20 people, and then an additional 60 people tried out for Olio acts,” Kramer said.

This means 160 people auditioned for the 12 spots available for the performance.

One of the students who auditioned was Lauren Harris, a senior political science and criminal justice major. Harris auditioned for

the variety show with her sorority.

“I am a member of the Alpha Sigma Alpha sorority and I was elected as co-skit chair along with Kristy Briggs (senior),” Harris said. “Skit is a homecoming activity that Alpha has always held high, and we are both so excited to continue that tradition.”

Harris and her sorority sisters auditioned with members of the Phi Sigma Kappa fraternity to present a skit for the show.

“Although we were unrehearsed, I believe that with homecoming being a month away still the homecoming committee understands we will improve significantly before then,” Harris said. “I’m very proud of the entire group for throwing this together and helping by any means possible.”

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AROUND THE WORLD IN 10 DESSERTS	FRIDAY 13TH	7PM IN THE BALLROOM
SAC HOMECOMING EVENTS	WEDNESDAY 18TH	BRENT PELLA 7PM IN THE PAC
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SHAWNA KINGSTON | SUBMITTED
Junior Eli Dows returns an interception against Benton during the Spoofhounds' 47-7 win Sept. 22. He finished the game with two interceptions and one touchdwn.

FEUERBACHER
CONTINUED FROM A12

The longevity required to be a state champion caliber runner is earned through tenacious training, but Feuerbacher wouldn't be in the position he is today without the support of his friends and family.

"I have a really good support system," Feuerbacher said. "My parents are always there for me and my sisters are supporting. My friends, we have a lot of the same interests; we can talk about nerdy stuff like video games or just random stuff."

As busy as they are, Feuerbacher and his friends always find time for other activities and challenges.

"My friends and I, we just hangout and play games," Feuerbacher said. "Sometimes we'll do random push-up challenges, or we'll see who can do a handstand against the wall the longest. Just random stuff like that."

The Spoofhound's lofty aspirations and sound work ethic have allowed him to build a lasting legacy at Maryville High School and seem destined to propel him to bigger things in the future.

FALL CLASSIC
CONTINUED FROM A12

Through the last two games, Northwest's defense has also allowed less than 100 total yards of offense.

"I feel like we've been able to lock in on something," Wright said. "It's our third year playing under this current system and any time you get kids playing fast on the defensive side, it trends well for you."

On the Bearcat's offensive side, the running back spot has been the most talked about position.

True freshman Jordan Thompson and sophomore Brody McMahan blew away all concerns last weekend gaining 186 rush yards to go along with three combined

MARYVILLE
CONTINUED FROM A12

"Their linebackers are excellent, their defensive backs are fast and physical," Webb said. "Coach (Jason) Ambrosion does an excellent job. We're going to have to go over and try to find a way to compete."

Maryville enters the matchup following a 47-7 victory over Benton. Maryville finished the game racking up 251 of its 268 total yards on the ground.

Junior Tyler Houchin led the running backs with 81 yards and two touchdowns on seven carries. Senior quarterback Will Walker finished the game 1-for-4 connecting with Houchin on a 17-yard pass.

"He (Tyler Houchin) is a guy that runs with a physical presence," Webb said. "On defense he is a linebacker that is very productive.

NEXT GAME
Maryville @ Smithville Sept. 29 @ 7 p.m.

He's an excellent player for us."

The Spoofhounds sustained through the injuries of senior Jacob Reuter and sophomore Carter Reeves. Reuter was helped off the field during the second quarter last week while Reeves was carted off in the third.

Reuter serves as a running back, kicker and linebacker for Maryville.

Reeves is listed on the roster as a running back and defensive back. He has had the biggest impact in his defensive position.

"Football is a physical game," Webb said. "Every team has injuries. You deal with them and move on."

GIRLS GOLF
CONTINUED FROM A10

Maryville and Tarkio were tied at 380 with the top four scores accounted for, so by the MSHSAA rules they go to the team's next golfer. Kylee Dougan had the fifth score for the Spoofhounds with 101, the fifth Tarkio player scored 120 so the girls won the meet and were district champions.

"It was tough playing at Fairview," Ricks said. "Here it is wide open, Fairview they have a lot of tree trouble, lost balls because of the leaves, we don't have that issue here, it's going to be issues of making putts and being able to move on after that."

The girls head back to Mozingo next Monday to host the Sectional tournament this year just two weeks after hosting the MEC conference tournament.

"Playing on our own course

takes a little pressure off," Long said. "However, it makes it harder at the same time, because you are expected to do good and that adds a little pressure; it's easier but harder at the same time."

The girls will host more difficult competition at districts than the MEC tournament. Their toughest opponent seems to be Pembroke Hill.

"We'll have our hands full with Pembroke Hill," Ricks said. "They got first and second place at their district tournament, they shot three over and eight over and fourth, so they have three big golfers."

Pembroke Hill shot a 354 at its district tournament and the Spoofhounds shot a 380. The Spoofhounds do have the home course advantage however.

"We have a big advantage," Ricks said. "The home course advantage at Mozingo is really big; when we beat Smithville and won conference it was at Mozingo. We

NEXT GAME
District Tournament @ Chillicothe Sept. 28 @ 8:30 a.m.

have seen the course and we know what we are up against."

This is the girl's last stop before state and the Spoofhounds will need their best performance yet.

"I don't know if I can get first," Long said. "There is tough competition here and it will be tough, but the advantage of home course helps a little, but I think we can make it."

The Spoofhounds will have to be in the top two teams to make it to state as a team. Individually, the girls will have to place in the top 12 to move on as well.

The sectional tournament will be Oct. 2 at Mozingo Golf Course starting at 9:00 a.m. and going all day.



MORGAN JONES | NW MISSOURIAN
Kylie Dougan competes at the MEC tournament Sept. 20 at Mozingo Golf Course.

ATHLETES of the WEEK



BEARCATS



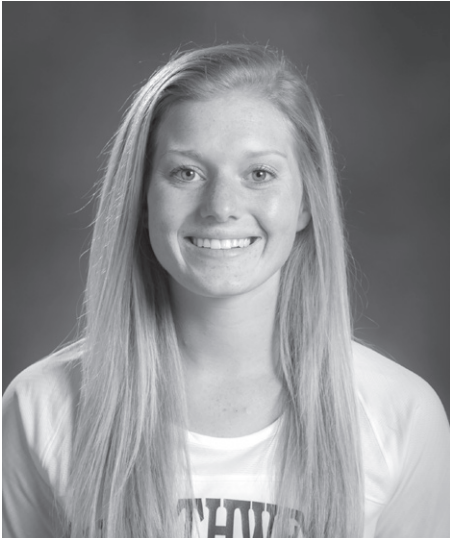
SPOOFHOUNDS

Jordan Thompson



The true freshman ran for 128 yards and two touchdowns in his Bearcat debut against Missouri Southern. His redshirt was pulled a few days prior to the game.

Mollie Holtman



The Maryville High School graduate scored her second game winning goal of the season in the 108th minute launching the Bearcats into a 2-1 victory over Lindenwood Sept. 22.

Thomas DiStefano



The junior forward scored seven goals in a 13-0 halftime victory over Cameron Sept 26. It marked the third time he scored five or more goals this season.

Emily Long



The sophomore shot a 85 at the Fairview Golf Course Sept. 26 earning a Class 1 District 8 individual title. The Spoofhounds also earned the Class 1 District 8 team title.

Senior finds success behind father's support

JOSEPH ANDREWS
Asst. Sports Editor | @Joe_Andrews15



Four years ago, Gia Zupancic stepped foot on Lake Mozingo golf course for the first time as a Bearcat.

Venturing to Northwest Missouri State from Pueblo, Colorado, she knew she would be far away from her family.

At the moment, it was hard to think about. A decision by her dad, Gary, changed everything.

"He kind of was like 'I don't really have anything tying me down at home,' so it would be nice for him to come and see me," Zupancic said. "'I'm going to start driving a truck' and I'm like 'okay that sounds good.'"

Gary Zupancic found a job with Chief Carriers. Located 213.8 miles from Maryville, the company's location allows the two to see each other on occasion.

He took a week of work off to be with Gia Zupancic over family weekend. The weekend featured a chance for Gary Zupancic to watch his daughter.

"I'm a daddy's girl, 100 percent," Gia Zupancic said. "We are so close. He tries to stop as many times as he can. We have a great relationship. He's been my main coach for golf my own life. The one that's always believed in me."

Gia Zupancic set off for the last home course advantage as the Bearcats earned a ninth place finish in the MIAA Fall Preview.

She was thankful to do such thing in front of him, but also felt pressure.

"I want to make him proud," Gia Zupancic said. "He is always afraid he is going to mess me up and I'm going to feel too much pressure with him around so sometimes he is very hesitant when he does follow me. It wasn't this time. It was different."

The senior set her name in the Northwest Missouri State record books twice.

Gia Zupancic finished the weekend tied for fifth, with a Northwest two-round record of 145. The previous low was 152.

She also set a Northwest sin-



Senior Gia Zupancic heads to the tee box during the Bearcat MIAA Fall Preview Tournament Sept. 24. Zupancic set a Northwest single round record with a three-under par 69.

gle round record with a three under par 69. Both records were previously set by Kaleigh Ashen.

"The first thing I said walking out to do my scores he was like 'well, you shot better than what I told you to,'" Gia Zupancic said. "I was like 'I don't remember what you told me to.' I

guess that's a good thing. He was really happy."

Coach Andy Peterson knew Gia Zupancic was doing well through both days because of one person- her dad. The moment truly hit him when he found out she had set the new round record.

"I knew about it because her

dad was here," Peterson said. "Every time I drove by he would tell me where she was at. Sometimes as a coach you want to know that, sometimes you don't. It was kind of special for her."

Gia Zupancic credits the success to her father, whether she knew it or not at the time.

"He was like 'I always knew you could do it. This is what I've been telling you all along. You never believed in me but I knew you could do it,'" Gia Zupancic said. "It was good that I made him proud. It was definitely a special feeling."

Cross country set to compete in 'circus' festival

JOSEPH ANDREWS
Asst. Sports Editor | @Joe_Andrews15



Northwest Missouri State Cross Country heads south to compete in its final meet of September.

The Bearcats compete in the Arkansas Chile Pepper Festival in Fayetteville Sept. 30. It marks one of the biggest meets the team will compete in all season.

"This is probably the number three meet we are shooting for," coach Scott Lorek said. "This is definitely more important than some of the things we do."

Originally created to bring three Arkansas cross country races to a single event, the Chile Pepper is now one of the largest cross country events in the United States.

The event runs all day, featuring over 80 different collegiate level schools across the NCAA Division I and Division II levels. The race also has opportunities for high school teams to compete.

"It's a circus," Lorek said. "It's really a lot of fun, it's a great atmosphere for cross country."

Northwest also has the chance to run alongside Division I programs from across the region.

"You show up and see all the DI teams around," senior Brandon Phipps said. "It's kind of like 'Oh my goodness, there's LSU, there's Arkansas, there's all of these other Big 12 and SEC schools there.' It's a pretty cool experience."

The Bearcats enter the event following a one-week break from competition. The team last

competed at the NCAA Preview in Evansville, Indiana Sept. 16. The men finished in 10th place, while the women finished in 11th.

The team hopes to finish better this week, as they travel to the University of Arkansas course for the fifth consecutive season.

"We will be much more to run well this week," Lorek said. "The interesting thing of this year for the men is they moved it up to 10,000 meters. It has been at 8,000 meters for the last few years."

The 6.21 mile race marks the longest length so far for the Bearcat men. The Bearcat Open course ran 4.2 miles, with a 4.97 mile race in Evansville.

Despite the increased length, the men remain focused as they look to follow up on last year's finish

ish in the conference.

"We're just continuing to progress," senior Brandon Phipps said. "The MIAA is wide open right now, we understand that. I think we are going to be in the top portion. That's our expectation."

The men finished the race in sixth place last year. With the extended length, he doesn't expect much of a change in their success on the course.

"It's been good for us in the past," Phipps said. "We're looking forward to getting back there."

The women enter the meet working to continue its search for consistency. The meet traditionally ends exceptionally for the women, with everyone finishing close in time.

Sammy Laurenzo led the Bearcats in last year's meet finish-

NEXT GAME
Arkansas Chile Pepper Festival Fayetteville, Arkansas Sept. 30

ing in 36th place with a 18:24.53 finish. The senior hopes the women can continue their

"Looking over the last three years, it's been pretty good as a collective team meet," Laurenzo said. "I'm hoping I can help continue to that this weekend, and the rest of the team as well."

The meet affects NCAA qualifying points for the Bearcats this year. With the extra meaning attached, both teams set out to show their true identity.

"We're excited about this meet all the time," Lorek said.

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For more information or if you don't see a club in the list above and would like to make one please contact James Hinson, Director of Student Recreation at jhinson@nwmissouri.edu

Northwest Student Recreation Center

@NORTHWESTIM

Tough test awaits at Arrowhead

ISAIAH SWANN
Sports Editor | @iswanny10

Six wins separate Northwest and the longest win-streak in Division II football history as a familiar name arises as a potential threat to the Bearcats reign.



The No.1 Bearcats (4-0, 4-0 MIAA) enter their most intriguing matchup thus far as the men in green travel 100 miles south to face Central Missouri (3-1,3-1 MIAA) at Arrowhead Stadium.

After a 63-0 rout against a struggling Missouri Southern (0-4, 0-4 MIAA) squad, Northwest coach Rich Wright said the free-caring offense he had been wanting, had finally been awoken.

“I thought they turned it loose,” Wright said. “Sometimes you forget about the emotional or celebratory types of activities when people make big plays. We literally, a couple years ago, practiced celebrating every single day. That’s exactly what we did with the offense this week.”

At the Kansas City Chiefs home, the statistically-Division II-best Northwest defense will look to slow down a name that may ring a bell.

“Their quarterback is both a running and passing threat,” Wright said. “They can hurt you in a lot of ways with a lot of different weapons that they can attack you with.”

Central Missouri redshirt junior Brook Bolles is now behind the reigns of the Mules lethal offensive attack. Through four games, the junior quarterback has totaled 1,290 yards with eight touchdowns.

The Bolles name is famous in Bearcat football. Brothers Blake Bolles (2006-09) and Brady Bolles (2011-15) both played quarterback for Northwest and ended both their



Sophomore running back Brody McMahon breaks free in a 63-0 win Sept. 23 over Missouri Southern. McMahon finished the game with 58 yards on the ground and one rushing touchdown.

careers posting staggering numbers.

“They were both great players,” Wright said. “Both were athletic, dynamic and had big arms. Their dad was a high school football coach. When you can find coaches kids, usually those kids trend pretty well.”

The two Northwest former

quarterbacks combined for 169 touchdowns, 17,648 total yards and three national titles.

The two brothers left their imprint in the Bearcat football history books but one brother still had a decision to make.

All three Bolles brothers as well as sister Bailey (Northwest freshman) graduated from Lin-

coln North Star High School. The youngest Bolles sibling took a different path.

Though Central Missouri brings in the second-best scoring offense in the conference, Northwest enters with the top-rated scoring defense in the country, allowing 3.5 points per game and 14 points total.

The Bearcats are 10-3 all-time at Arrowhead Stadium. Northwest’s three losses in Kansas City are all from Pittsburg State.

Through the last two games, Northwest’s defense has also allowed less than 100 total yards of offense.

SEE **FALL CLASSIC** | **A9**

DYLAN COLDSMITH | NW MISSOURIAN

Football set for toughest matchup of the season

JOSEPH ANDREWS
Asst. Sports Editor | @Joe_Andrews15
Maryville football’s chance to earn a share of the 2017 Midland Empire Conference (MEC) title could be at stake Friday night.



The Spoofhounds travel to take on Smithville Sept. 29. The Class 4 District 8 program is the last undefeated team in the MEC.

Tied for second place in the conference race, Maryville (5-1, 3-1 MEC) shares the spot with Lafayette and Chillicothe. A win helps the Spoofhounds stay in the conversation for a conference title.

“It is going to be an honor to play against Smithville,” junior Eli Dowis said. “They’re a great team. We just hope we can pull one out. It is going to be a dog fight.”

This year marks the final run through the MEC for Smithville (6-0, 4-0 MEC).

“When he gets his hand on the ball, he’s electric. He’s dominated every team he’s played.”
- coach Matt Webb

Located 25 minutes from Downtown Kansas City, Missouri the school is set to join the Suburban Conference next fall.

The Warriors enter the matchup following a 42-7 win over Bishop LeBlond. Combined with a Chillicothe loss, the victory leaves Smithville alone in driver’s seat for a conference title.

“They’re a dominant football team that’s having a dominant football season,” Maryville coach Matt Webb said. They’re one of the better teams in class four. Ev-

ery position is very good, there’s not a weakness.”

Smithville has scored 243 points in total, averaging 40.5 points per game. Like Maryville, the Warriors gain most of their yardage on the ground.

Over half of their 1,614 rushing yards have come from Isaac Miller. With 968 rushing yards this season, the sophomore running back leads the Kansas City metro in yards gained.

Averaging 161.3 yards per game,

Miller has found the endzone 13 times this season. He ran for 207 yards and four touchdowns against Bishop LeBlond.

“I don’t know if you stop him,” Webb said. “You limit what he can do. When he gets his hands on the ball, he’s electric. He’s dominated every team he’s played. I can’t say enough good things about him.”

Senior Kellen Simoncic sits at quarterback for Smithville. He has completed 67.1 percent of his passes this season, throwing for 806 yards and eight touchdowns.

Simoncic completed 7-of-11 passes against Bishop LeBlond throwing for 149 yards.

So far this season, the Warriors have shut out three of their first six opponents. Two of the three came against Midland Empire Conference opponents. The Warriors have given up 34 points in total.

SEE **MARYVILLE** | **A9**

Spoofhound defines term student-athlete

ANDREW WEGLEY
Sports Reporter | @NWMSports

Caleb Feuerbacher is of a unique breed. The senior Spoofhound runner is on track to land a podium spot at this year’s Missouri Class 3 Boys State Cross Country Tournament, but his accomplishments seem destined to propel beyond the realm of high school.



The Spoofhound placed fourth out of 350 runners in the boys 5,000 meter finals run at the Rim Rock Farm High School Cross Country Classic Sept. 23.

Feuerbacher is not like most medal-chasing high school athletes. He was not blessed with the build of an athletic animal or the coordination of a stud ballplayer. Instead, his greatest tools are perhaps his mind, lungs and heart.

“He’s not necessarily the most God-gifted athlete,” coach Rodney Bade said. “He’s got a huge aero-

bic engine, and that’s his biggest asset: his heart and lungs.”

To make up for what he lacks in natural born ability, Feuerbacher utilizes an extreme work ethic driven by a hunger for success. The Spoofhound always has his eyes on the future.

“I take it very seriously,” Feuerbacher said. “It’s something I want to do in college.”

His most impressive collegiate aspirations lay beyond his athletic goals. Feuerbacher’s academic plan coexists with his dedication in everything he does: the state-bound athlete wants to be a doctor.

“I always make sure to get my homework done,” Feuerbacher said. “I want to go into the medical profession later in my life. I either want to go to UMKC (University of Missouri, Kansas City) or Mizzou (University of Missouri). I want to study physics.”

The senior trains 49 weeks per year to reach his potential in cross country, so the steps he’s taken to

work toward his educational goals should come as no surprise.

Still only in the first semester of his senior year, Feuerbacher is working toward a college degree by taking dual credit courses. He scored a 33 on the ACT, which came as no surprise to his coach.

“I taught him in eighth grade,” coach Bade said. “He was one of the smartest kids, to the point where he joked around, because he didn’t have to try very hard.”

Between the time-consuming conditioning Feuerbacher puts himself through, as well as the relentless cycle of homework that comes with honors courses, the runner still finds time for socializing.

“I’ve got a good group of friends,” Feuerbacher said. “We all motivate each other athletically and academically.”

SEE **FEUERBACHER** | **A9**



Caleb Feuerbacher does a 200-meter sprint during the Spoofhound’s cross country practice Sept. 23 in preparation for the upcoming meet.

TAILOR JOHNSON | NW MISSOURIAN